

# *The Lamb Method*



A  
**MANUAL WITH  
ILLUSTRATIONS OF A NEW CONCEPT  
IN THE USE OF THE POLICE BATON**

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THE LAMB METHOD

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1. It affords an officer greater protection than other systems now in use.
2. It adapts to the experience of the older officer as well as to the speed and agility of the younger.
3. It immobilizes or neutralizes the attack against the officer.
4. It also conforms with the Blue-Book rule: "No more force shall be used than is necessary, reasonable and proper for the safe custody of the prisoner or for overcoming any resistance that may be offered."
5. The efficiency of this method will enable the police to accomplish their objectives without the usual accompanying allegations of brutality. This latter fact should result in a closer relationship between the superior officers and the patrolman, and also project a more favorable image of the Department to the public. Its use would serve to educate the public relative to the efforts of the police to improve their techniques and capabilities in the apprehension of criminals, and in combating crime and violence with modern methods.

Experienced police officers know that there is no such service as a "routine call," and as no officer is of any assistance to his family, department or the public if he is incapacitated, we must use every suitable innovation developed to improve ourselves and avoid the loss of man hours in our employment, our homes and community.



## STANDING POSITION

Arms should be crossed at all times with your hand on your baton and body must always be relaxed; this shall always be your "ready position" and will counteract any element of surprise.

By moving your free hand in a circular motion up, or down, from this position, would ward off any surprise punch or an attempt to grab your clothing. If your assailant kicked, your baton would be in position to deflect his leg from striking you.

It is most important to keep in mind that when using the free hand, or the hand that you have the baton in, it must always be relaxed. With a sharp snap of the wrist against your opponent, this affords you tremendous speed with maximum power.

If your baton is seized from the rear, the force from the opponent pulling your baton would force you to turn in a circular motion towards him. Extending your free hand out would strike his neck or face as you faced him.



## STANDING POSITION TO THE LONG STEP BACK

From the ready position, if your opponent were to grab you with both arms, or one arm in this position, it would make it extremely difficult for him to reach your baton. Your taking a long step back would force him off balance, thus making him take that extra step towards you, allowing you to strike his kneecap at very close range with maximum power.

If you hold your baton under the left armpit, you would step back on your left leg.

If you hold your baton under the right armpit, you would step back on your right leg.

When you take this deep step back, your body should be completely sideways towards your opponent, with both knees bent, making you a small target and affording perfect balance and a safe distance from any attack.

Rock forward or backward with upper body movement only. Turn in any direction you wish. Turn with the rear foot only. To move forward, lead off with the rear foot.

## TO CHANGE DIRECTION

### TO MOVE FORWARD

The officer would use a shuffle motion with his rear foot.

### TO MOVE LEFT, RIGHT, FLANK, OR OBLIQUE

The officer would always move his rear foot only in a wide circular motion, and pivot on his forward foot.

If the command were given LEFT, he should turn in the direction of his LEFT SHOULDER.

If the command were given RIGHT, he should turn in the direction of his RIGHT SHOULDER.

### TO MOVE ABOUT FACE, OR TO THE REAR

The officer would always move his forward foot in a wide circular motion, in the direction of the shoulder that holds the baton, and pivot on his rear foot.



## THE STANDARD ALL PURPOSE 24" SERVICE BATON

Most police departments are using two batons: the 12" baton, carried in the rear trouser pocket, and the 36" baton, carried in the hand in times of riots, demonstration, or other types of confrontation. The 24" baton is capable of successfully performing any service with fewer problems than either of these weapons.

The officers would be responsible for one baton and the Department would save the cost of at least one of them. Uniform trousers, often torn while either carrying or pulling out or returning the 12" baton to the pocket, would normally be serviceable for longer periods of time. The elimination of the baton in the pocket would make the trousers less expensive. The absence of the baton in the pocket would allow greater freedom of movement to the officer in many of his duties.

During my career in the police department we were trained in the use of 12" and 36" batons in times of emergency. Personal experience in using these weapons, coupled with my observations of other officers' experiences in their use of them, and by additional training in self-defense, resulted in an attempt to learn the safest and most effective use of a baton for police purposes.

The average police officer is about 42 years of age. Men in this age category are less agile than the majority of assailants they are called upon to cope with. In creating a better system of self-

defense and a more capable method of effecting arrests and maintaining control in group situations, the following elements were given serious consideration.

The carrying of 36" batons by either large or small contingents of police officers might be reassuring to some members of society, but also could provide propaganda material for dissident groups and unfriendly mass media sources. The same contingents of police officers with 24" batons attached to their belts, under their control, yet less menacing, would still be reassuring and not provide material for adverse publicity.

Based upon information received from police departments in response to their requests relative to the type of baton used and the training techniques taught in their departments, and my experiences and observations of other officers, I believe that the present method of baton training in our Department, and in others, is more effective for younger patrolmen than it is for men whose average age is 42 years.

Booklets detailing the type, size, composition and use of batons were obtained from several manufacturers. These weapons were examined and the suggested manner of their use was tested. In each instance, the 24" baton proved to be more easily and effectively used in overcoming an attacker or attackers.

It also afforded greater protection to the officer.

The "Lamb Method" of using a 24" baton, illustrated in the following pages, incorporates the type of stance recommended and adopted in many so-called "contact sports," i. e. standing position; one forward of the other in a slightly spread stance, with the knees bent a trifle, and the body weight evenly distributed on each foot. This creates better balance and enables the officer to move swiftly in any direction.

By using the baton in one hand, the officer is able to ward off sudden blows or kicks with his free hand. The free hand is available in controlling crowds and contrasts favorably over the provocative thrusting movement suggested in the use of the 36" baton for the same purpose.

The efficiency and effectiveness of the 24" baton is attained by delivering each blow with a sharp, snapping wrist movement directed to the body areas of the "clavicle and the patella bones." It disables an assailant and reduces the frequency of serious injuries. The suggested stance increases the opportunities for, and the capabilities to, step either forward, backward, or sideways, in defending or counter-attacking. The 12" baton can only be used when in very close proximity to the attacker and results in many officers either being injured or losing their baton and having it used against themselves.

The 24" baton permits the advantage of distance for several purposes; it increases the time interval the officer often needs in de-

termining the best course of action, it allows the officer the necessary area to block a blow or kick directed at him and enables him to strike the desired areas of his opponent. On the other hand, the 36" baton is held in both hands. It is too heavy to be skillfully manipulated in one hand. It would have to be used in a thrusting forward movement to deliver an effective blow to an adversary.

Held in both hands, it would severely limit the flexibility and mobility of the officer. The 24" baton can also be used in the same forward thrusting movement, but it has many more capabilities. If the 36" baton were to be used in one hand and swung, it would necessitate a greater distance between the combatants and increase the arc of the swing.

The weight of such a baton could cause either serious injury or death when wielded in this fashion. The limitations of the 36" baton, occasioned by holding it in both hands, creates the opportunity and possibility of its being wrested from the officer's grasp and could result in injury to the officer or others. The 24" baton, when not in use, should be carried attached to the officer's belt with his other equipment.

The 24" baton would thus be less conspicuous, less threatening, less offensive, and reduce the number of allegations of "Police state" or "Police brutality."

## STRIKING THE BODY AREAS

The advantages of the Lamb Method can best be understood by a comparison between the Lamb Method and the two most internationally used methods today. The two most common methods that deal with the use of the police baton, used on a world wide basis, are the Over Head Swing, and the Thrusting and Jabbing method.

The Over Head Swing is an extremely dangerous one. Any blow against the skull can affect any part of the anatomy. This method can cause partial or permanent damage from unconsciousness, blindness, deafness, loss of voice, loss of one or more extremities, and even death.

A blow that is not hard enough will only infuriate the assailant, causing him to become more aggressive.

The Thrusting and Jabbing Method consists of a series of thrusts against the areas of the solar plexus, the groin, kidney, liver, and other vulnerable areas. These are all extremely dangerous blows against the assailant that could easily result in permanent damage.

Both of these systems, dangerous as they are, will rarely be accomplished with one blow. In most cases it takes numerous jabs before the vulnerable area can be struck.

The Lamb Method concentrates exclusively on two areas of the body as the prime striking areas. These areas are the Clavicle (collar bone) and the Patella (knee cap).

The Clavicle bone can very easily be fractured with a sharp blow adjacent to the neck. This bone is very vulnerable to injury. Once fractured, the assailant is incapacitated. The assailant will automatically place his hand under his armpit attempting to take the pressure off the fractured Clavicle bone. Any movement that the assailant may attempt to make will cause maximum severe pain in this area. Any movement will cause the fractured bone to tear internal ligaments, tissue, or tendons.

This injury is local and will not cause any permanent disabling effects.

The purpose for striking the Patella bone is because the assailant must bear his own weight on his leg, and a strike in this area would deprive him of that support. It is also the most difficult area of his body to protect because he must bend down to protect his knees.

This strike will force the assailant, for self-protective reasons, to assume a defensive stance rather than an aggressive one.

If the assailant's leg is bent when he is struck, it will cause a severely bruised knee cap. Any attempt to walk on his injured leg

will cause maximum severe pain in this area as a result of the severe swelling around the Patella bone. The weight of his body on this leg will pull internal ligaments, tissues, and tendons.

This injury is local and will not cause any permanently disabling effects.

If the assailant's leg is in a straightened position when he is struck, there is a good possibility that it will be fractured or dislocated.

This injury is also local and will not cause any permanently disabling effects.

There are extremely important psychological implications that accrue from striking these areas. The assailant is, as a result of the severe pain and disablement that is inflicted upon him, actually forced into an immediate, as well as a long term (recuperative period), reconsideration of his negative attitude.

# Phase 1



IS USED AGAINST AN OPPONENT THAT ATTEMPTS TO RUSH, OR CHARGE THE OFFICER.

#1 - THE BATON IS SNAPPED FROM THE KEEPER WITH A FORWARD SNAP OF THE WRIST STRIKING THE OPPONENT'S KNEECAP.



# Phase 2

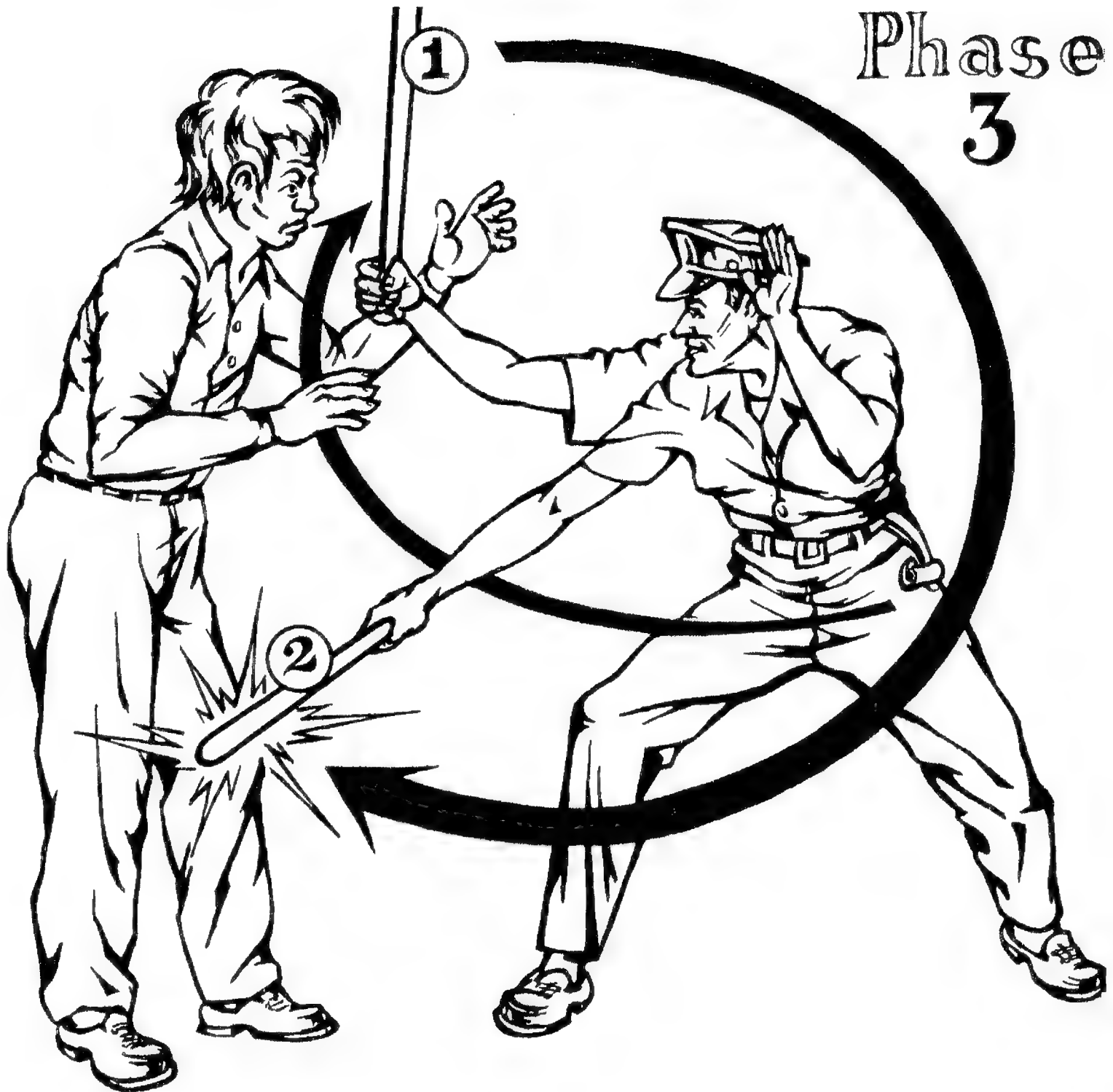


IS USED AGAINST AN OPPONENT WHEN THERE IS A STANDOFF WITH THE OPPONENT CHALLENGING THE OFFICER TO MAKE THE FIRST MOVE.

#1 - THE BATON IS SNAPPED FROM THE KEEPER WITH A FORWARD SHARP SNAP OF THE WRIST FAKING IT TOWARD THE OPPONENT'S KNEECAP THUS FORCING HIM TO BEND DOWN TO PROTECT HIS KNEES.

#2 - FROM THE KNEECAP THE BATON IS SWUNG WITH A WIDE CIRCULAR MOTION BACKHAND STRIKING THE OPPONENT'S COLLARBONE.

# Phase 3



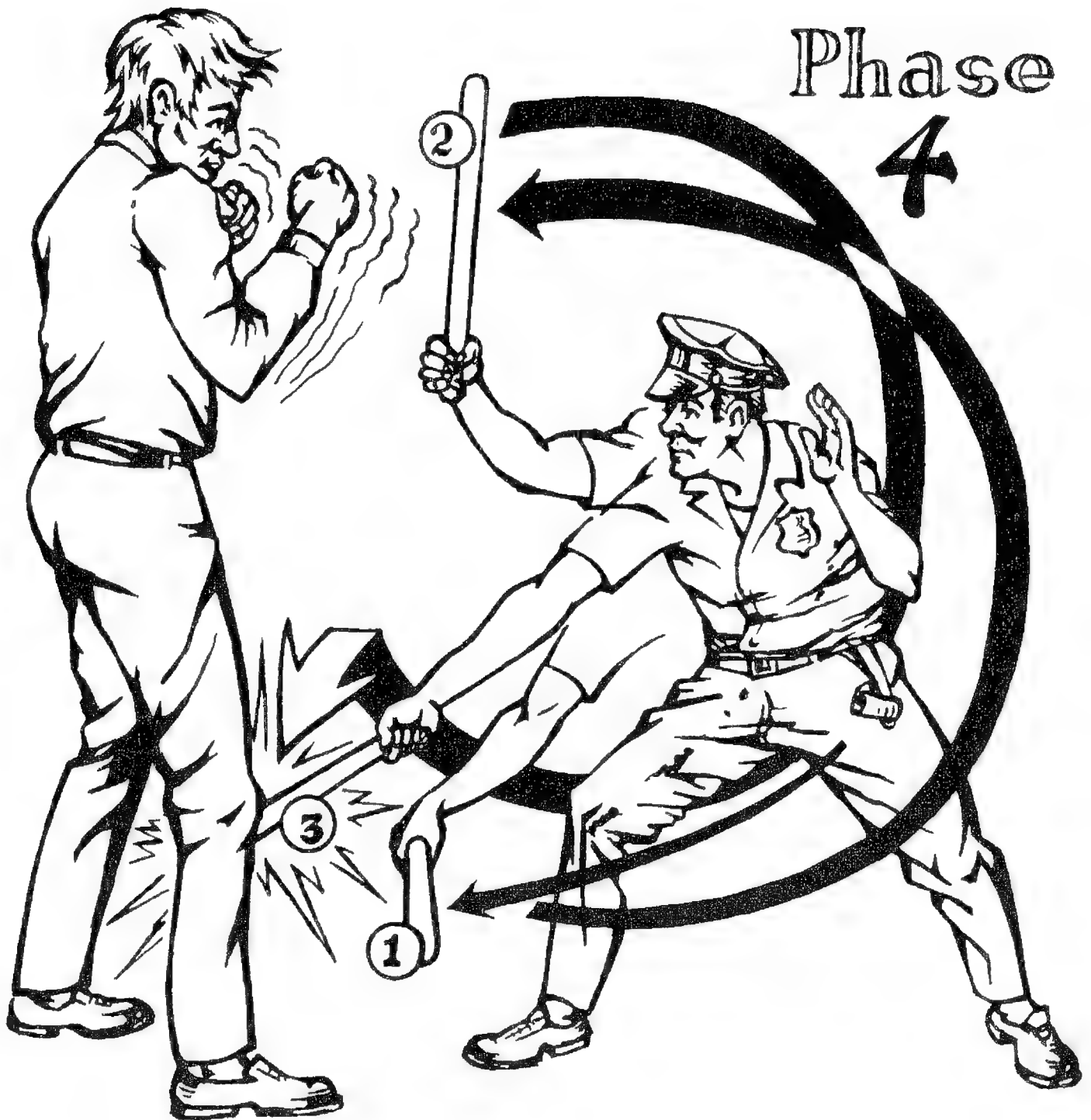
IS USED AGAINST AN OPPONENT WHERE THERE IS A STANDOFF IT IS ACTUALLY THE REVERSE OF "PHASE-TWO."

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#1 - THE BATON IS SNAPPED FROM THE KEEPER UPWARD WITH A WIDE CIRCULAR BACKHAND MOTION FAKING IT TOWARD THE OPPONENT'S COLLARBONE THUS FORCING HIM TO REACH OUT TO GRAB YOUR BATON.

#2 - FROM THE FAKE OF THE COLLARBONE THE BATON IS SWUNG DOWNWARD WITH A WIDE CIRCULAR MOTION STRIKING THE OPPONENT'S KNEECAP.

# Phase 4



IS USED AGAINST A PROFESSIONAL BOXER WEAVER IN AND OUT.

#1 - THE BATON IS SNAPPED FROM THE KEEPER WITH A FORWARD SHARP SNAP OF THE WRIST FAKING IT TOWARD THE OPPONENT'S KNEECAP THUS FORCING HIM TO PULL BACK HIS LEG CAUSING HIM TO LOSE HIS BALANCE.

#2 - FROM THE FAKE AT THE KNEECAP THE BATON IS SWUNG UPWARD WITH A WIDE CIRCULAR MOTION BACKHAND FAKING IT TOWARD THE OPPONENT'S COLLARBONE THUS FORCING HIM TO ATTEMPT TO WARD OFF THE BLOW WITH HIS FOREARM.

#3 - FROM THE FAKE AT THE COLLARBONE THE BATON IS SWUNG DOWNWARD WITH A WIDE CIRCULAR MOTION "ON THE OUTSIDE OF YOUR BODY" STRIKING THE OPPONENT'S KNEECAP.

# Phase 5

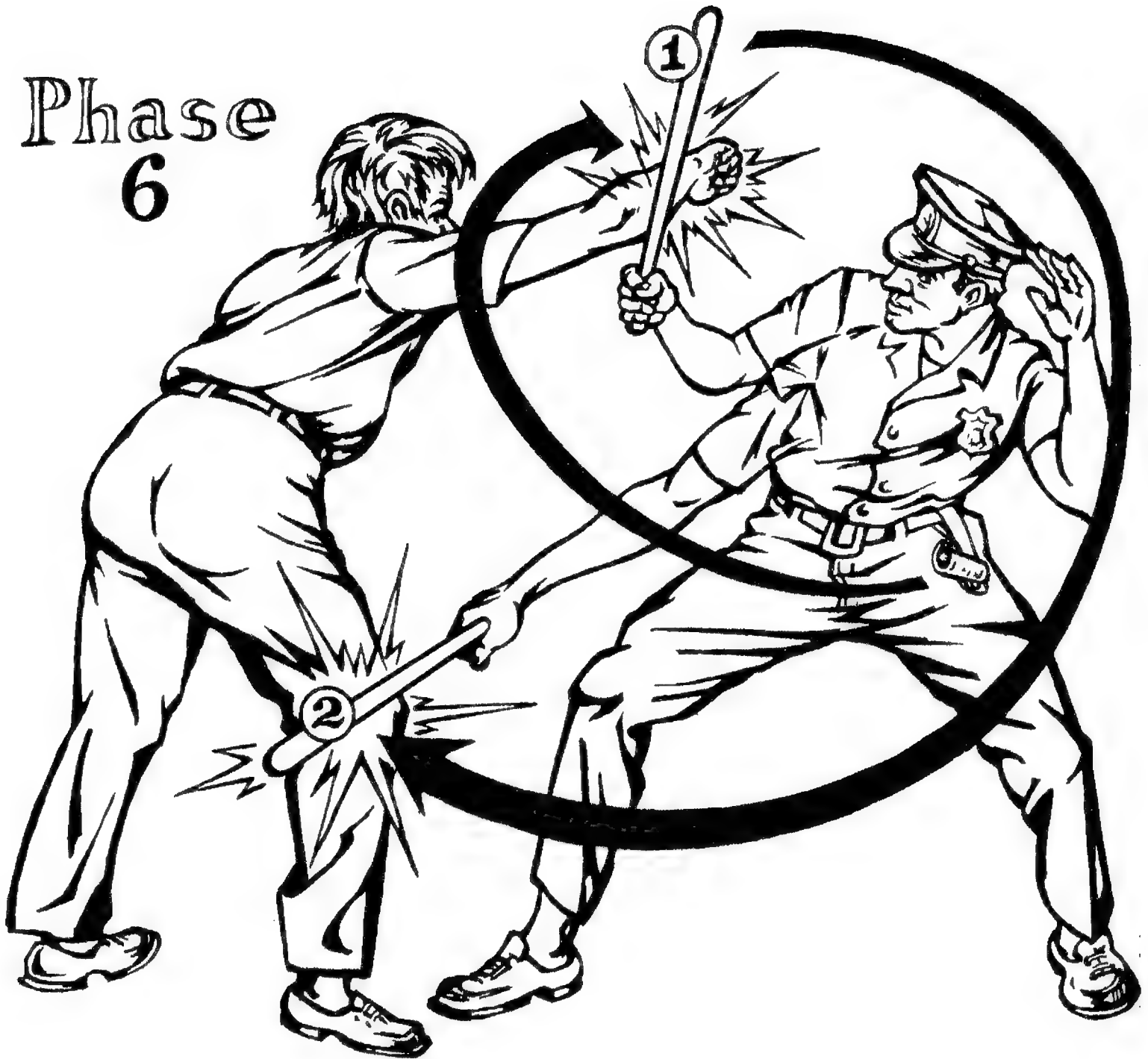


IS USED AGAINST AN OPPONENT KICKING THE OFFICER, OR TWO OPPONENT'S RUSHING THE OFFICER AT THE SAME TIME.

#1 - THE BATON IS SNAPPED FROM THE KEEPER WITH A FORWARD SHARP SNAP OF THE WRIST STRIKING THE LEG THEREBY DEFLECTING THE KICK.

#2 - WITH A RETURN SWEEPING SIDE MOTION STRIKE THE OPPOSITE LEG THE OPPONENT IS STANDING ON.

# Phase 6



IS USED AGAINST AN OPPONENT SWINGING A "RIGHT ROUND HOUSE PUNCH" OR GRABBING THE OFFICER'S CLOTHING WITH HIS RIGHT HAND, OR BOTH HANDS.

#1 - THE BATON IS SNAPPED FROM THE KEEPER UPWARD STRIKING THE OUTSIDE FOREARM THEREBY DEFLECTING THE BLOW, IN CASE THE OFFICER'S CLOTHING IS BEING GRABBED HE SHOULD ATTEMPT TO STRIKE THE OPPONENT'S ELBOW.

#2 - FROM THE OPPONENT'S ARM THE BATON IS SWUNG DOWNWARD WITH A WIDE CIRCULAR MOTION STRIKING HIS KNEECAP.

# Phase 7



IS USED AGAINST AN OPPONENT SWINGING A "LEFT ROUND HOUSE PUNCH" OR GRABBING THE OFFICER'S CLOTHING WITH HIS LEFT HAND ONLY.

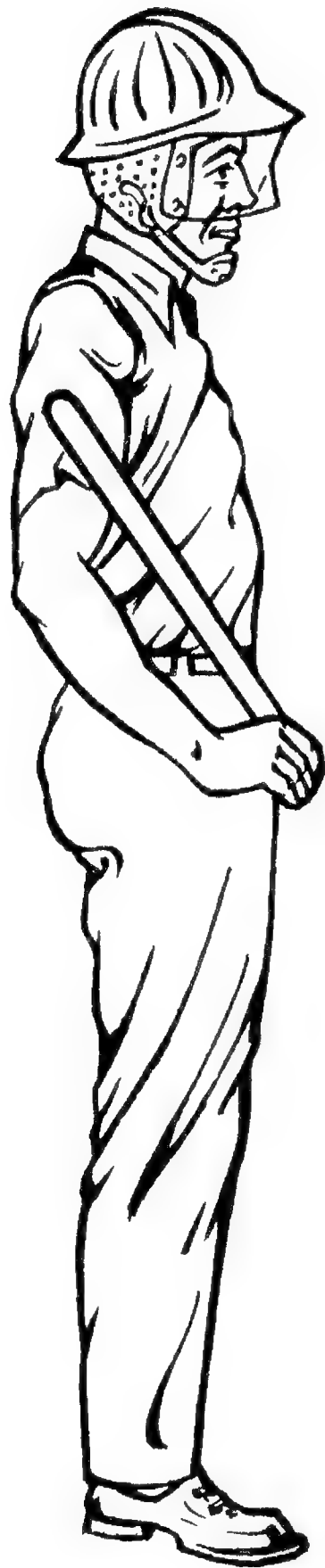
#1 - THE BATON IS SNAPPED FROM THE KEEPER STRIKING THE OPPONENT'S INNER FOREARM DEFLECTING THE BLOW.

#2 - WITH A QUICK SNAP FROM THE FOREARM STRIKE THE SIDE OF THE NECK NUMBING THE OPPONENT'S REFLEXES THIS WILL ALLOW YOU AMPLE TIME FOR A FOLLOW THROUGH.

#3 - FROM THE NECK, THE BATON IS SWUNG WITH A WIDE CIRCULAR MOTION DOWNWARD STRIKING THE OPPONENT'S KNEECAP.

RIOT

CONTROL





## RIOT CONTROL WITH THE LAMB METHOD

The Lamb Method offers a refinement to the F. B. I. Manual On Riot Control, following all the procedures of the F. B. I. Manual, but adding class and organization to the riot formation by having flexibility of the thrust motion combined with the Lamb Method, alternating back and forth as they advance.

The officer in command would call out any one of the seven phases while the men give the standard chant as they advance, swinging their batons with precise timing as a unit. Advancing in this manner allows the unit to turn in any direction on command.

To change from the Thrusting Method into the Lamb Method, the officers would simply advance their rear foot forward with a long step, placing their baton under their armpit.

To change from the Lamb Method into the Thrusting Method, the officers would simply advance their rear foot forward with a long step, placing their baton in both hands.

## RIOT CONTROL RECOMMENDATION

It is recommended that the officer in charge have a baton that is covered with reflective tape. This procedure will provide greater visibility when the officer is attempting to regroup his men, especially during night encounters.

Reflective tape should also be attached to one side of each man's baton in the unit. Psychologically the threatening effects will be heightened by the reflective light from the batons of every man in the unit as they advance towards their adversary.

Once contact is made with the adversary, it is advised that every man turn the reflective side of his baton in the opposite direction.

This is done in order to frustrate the misuse of any filmed record of the event.



